

# RAINBOW of Islam



*Ramadan Breeze*

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**Salah**

(Age Group 7 to 9)



*This Book belongs to*

.....

# This book has been....

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<b>Prepared by</b>	<b>Asma Ali and Sahlah Nayyar</b>
	<p><b>Asma Ali</b> An <b>Electrical Engineer</b> by professional qualification. Certificate course in <b>Taleem-e-Deen</b>. Still learning from various teachers and different sources.</p> <p><b>Sahlah Nayyar</b> Just completed Schooling from <b>Islamic International School</b>, Chennai, India.</p>
<b>Checked by</b>	<b>Umm Saad</b>
	<p>She is <b>studying Islam since 1998</b>. Has studied in various institutes in UAE under prominent scholars. Currently pursuing a <b>BA in Islamic Studies</b> at <b>Islamic Online University</b>.</p>
<b>Re-checked by</b>	<b>Salma Shabudeen</b>
	<p><b>Pharmacist</b> by professional qualification. Studied under <b>Sheikh Dr Riaz Ansary</b> ( Aqeedah, Kitab At Tawheed, Names of Allah, Arabic Grammar, Seerah etc ) Done <b>Taleem Al Quran</b> course. <b>BA in Islamic Studies</b> from <b>Knowledge International University, Saudi Arabia</b>.</p>

# Salah



Messenger of Allah (ﷺ) said:

“The Key to Jannah is *Salah* and the key to salah is purification.” [Ahmed and Tirmidhi].

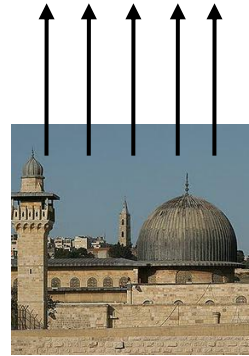
# بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Alhamdullilah, all praise is to Allah, the Almighty, the all Knower, the Creator and sustainer of the universe. May the peace and blessings be upon Muhammad (ﷺ) (the last of Prophets and messengers) and his (ﷺ) family and companions and all those who follow him until the last day.

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## Night Journey of Isra and Miraj



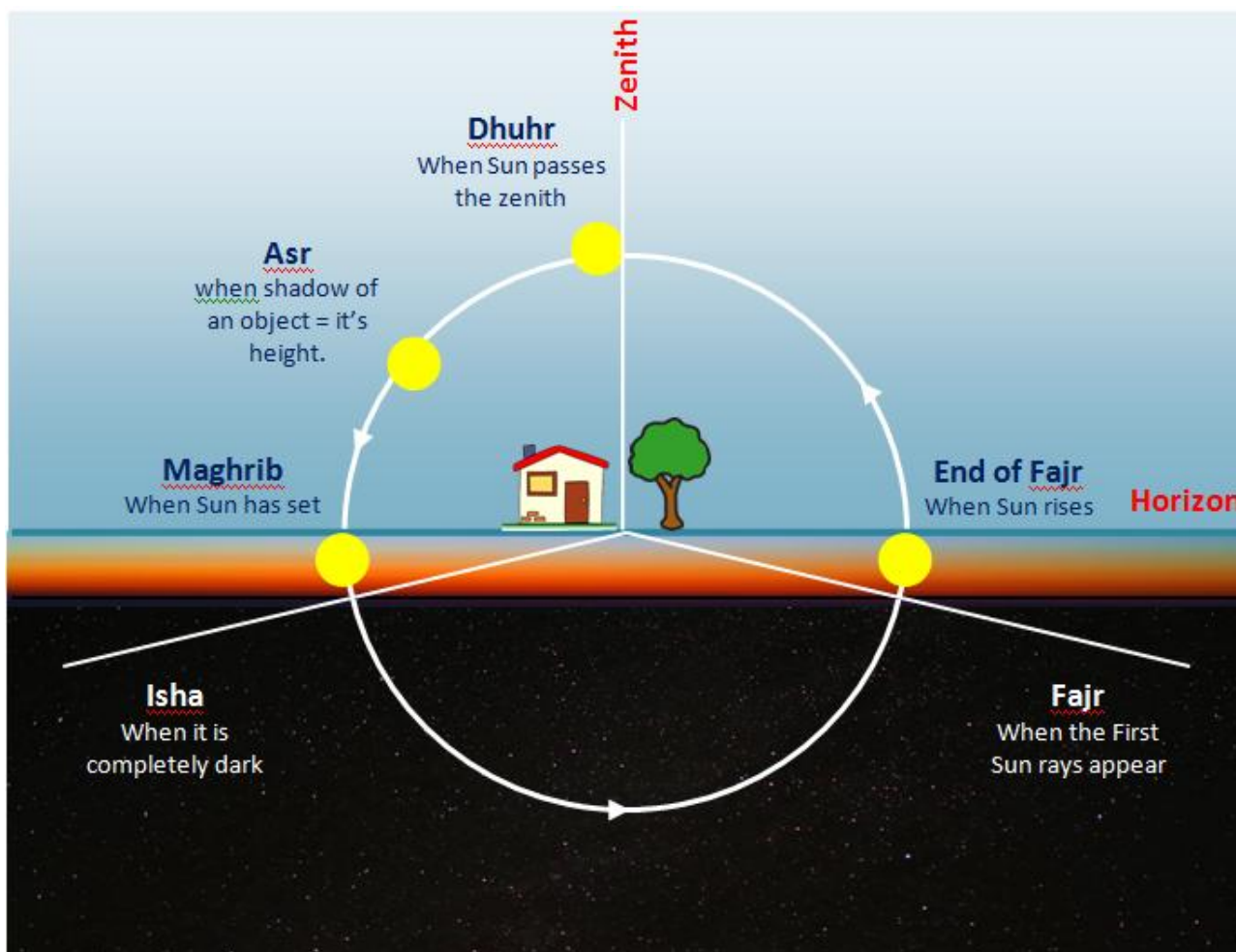
سُبْحَنَ الَّذِي أَسْرَىٰ بِعَبْدِهِ لَيْلًا مِّنَ الْمَسْجِدِ الْحَرَامِ إِلَى الْمَسْجِدِ الْأَقْصَا  
الَّذِي بَرَكْنَا حَوْلَهُ لِنُرِيَهُ مِنْ ءَايَاتِنَا إِنَّهُ هُوَ السَّمِيعُ الْبَصِيرُ ﴿١﴾

glorified (and Exalted) be He (Allâh) [above All that (evil) they associate with Him] who took his slave (Muhammad) for a journey by night from Al-Masjid-al-Harâm (at Makkah) to the farthest mosque (in Jerusalem), the neighbourhood whereof we have blessed, In order that we might show Him (Muhammad) of Our Ayât (proofs, evidences, lessons, signs, etc.). Verily, He is the All-Hearer, the All-Seer. [ Surah Al Isra, Ayah 1 ]

According to *Hadith* reports, Angel Jibril (عليه السلام) took the Prophet (ﷺ) at night from the Ka'bah to the Masjid Al Aqsa in Jerusalem on a *buraq* (an animal sent from heaven). On reaching Jerusalem the Prophet (ﷺ) along with other Prophets offered prayers. Jibril (عليه السلام) then took him to the heavens and Prophet (ﷺ) met several great Prophets in different heavenly spheres. Finally, he reached the highest point in the heavens where Allah spoke to him through a curtain (of light).

The Scholars are unanimously agreed that the five daily prayers were made obligatory this night.

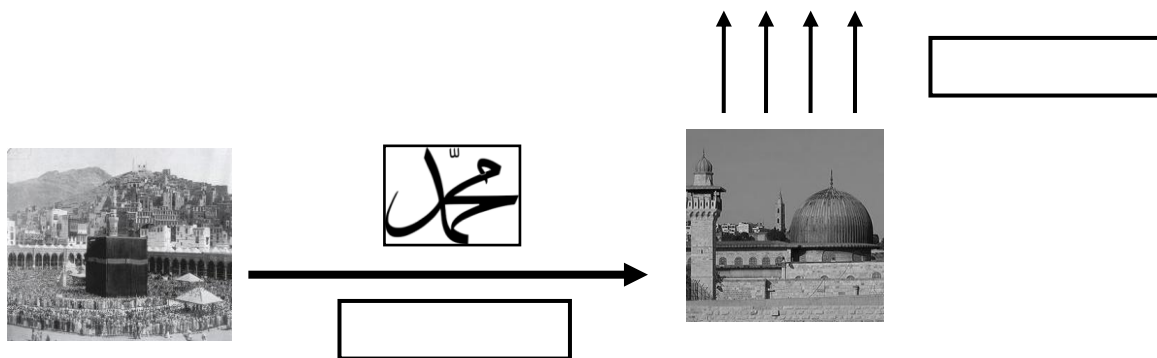
# Prayer Timings



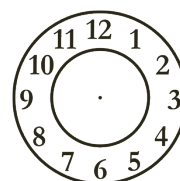
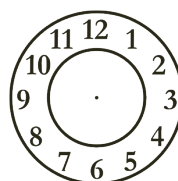
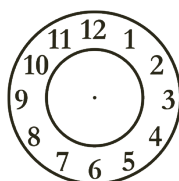
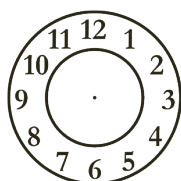
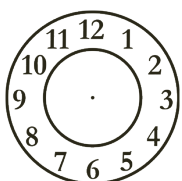
NAME OF THE NIGHT WHEN THE 5 PRAYERS WERE MADE COMPULSORY ? .....

WHO MADE THE PRAYERS COMPULSORY ? .....

WHICH PART OF PROPHET (ﷺ)'S JOURNEY IS ISRA AND WHICH IS MIRAJ ? WRITE IN THE BOXES.



CAN YOU TELL THE NAME OF THE PRAYER APPROACHING, BY LOOKING AT THE PICTURE ? MARK THE TIME OF THE PRAYER IN YOUR AREA IN THE DIAL.



## Salah is a Pillar of Islam

It was narrated that Ibn Umar (رضي الله عنه) said : The Messenger of Allah (صلى الله عليه وسلم) said:

“ Islam is built on five (pillars) :

- bearing witness that there is no god except Allah and that Muhammad is the Messenger of Allah,
- **establishing prayer,**
- paying zakah,
- Hajj and
- fasting Ramadan.” [ Narrated by al-Bukhaari, 8; Muslim, 16 ]



It is a Pillar of Islam because it is an **ORDER** from **اللَّهُ**

إِنِّي أَنَا اللَّهُ لَا إِلَهَ إِلَّا أَنَا فَاعْبُدْنِي وَأَقِمِ الصَّلَاةَ لِذِكْرِي ﴿١٤﴾

"Verily! I am Allâh! Lâ ilâha illa Ana (none has the Right to be worshipped but I), so Worship Me, and perform As-Salât (Iqâmat-as-Salât) for My remembrance. [ Surah Taha, Ayah 14 ]

And It is the **SUCCESS**

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾

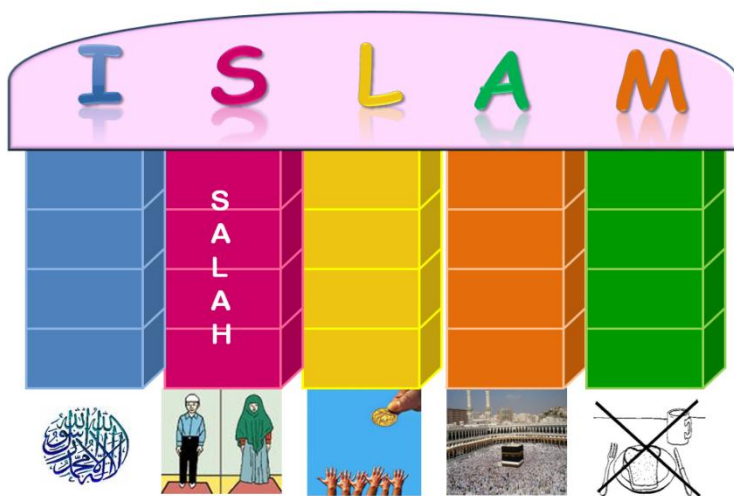
successful indeed are the believers. those who offer their Salât (prayers) with All solemnity and full submissiveness. [ Surah Muminun, Ayah 1 & 2 ]

## Arabic Fun

word	trace	write	meaning
السَّمِيعُ	السَّمِيعُ	.....	.....
البَصِيرُ	البَصِيرُ	.....	.....

SALAH	02	 Brain Time
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ISLAM HAS FIVE PILLARS. SALAH IS ONE PILLAR. WHAT ARE THE OTHERS ?



USE THE WORDS IN THE BOX TO COMPLETE THE FOLLOWING SENTENCE.

order	salat	believers
success	submissiveness	

Salah is the ..... and an ..... from Allah.

Successful indeed are the .....those who offer their

..... with all solemnity and full .....

## Story of Adhan أَذَان



When Rasulallah (ﷺ) migrated to Madinah, he built Masjid un-Nabi to offer Salah regularly. By the second year of Hijrah, the number of Muslims had increased. The people announced in a loud voice, " 'As-Salat ul-Jami'ah, the salah for jama'ah is ready." Those who heard this call came to join the Salah. Muslims felt the need to find a better way to inform more and more people to come to the Salah. Rasulallah (ﷺ) asked the Sahaba for their advice.

One day, a Sahabi, 'Abdullah ibn Zaid (رضي الله عنه), came to Rasulallah (ﷺ) and said, "O Messenger of Allah! I had a beautiful dream last night."

"What was the dream you saw?" Rasulallah (ﷺ) asked 'Abdullah ibn Zaid (رضي الله عنه). 'Abdullah ibn Zaid (رضي الله عنه) answered, "I have seen that a man wearing green garments taught me the words of the Adhan and advised me to call people to prayer with these words." He then recited the words for the Adhan.

The words were beautiful and full of meaning. Rasulallah (ﷺ) recognized that the dream of Abdullah (رضي الله عنه) was true. He asked Abdullah (رضي الله عنه) to teach the words of the Adhan to Bilal (رضي الله عنه). Bilal (رضي الله عنه), a Sahabi of Rasulallah (ﷺ) was a freed Abyssinian slave; he had a loud and beautiful voice.

Bilal (رضي الله عنه) stood up and called the Adhan. The voice of Bilal (رضي الله عنه) resounded throughout Madinah. People came running to Masjid un-Nabi. Umar (رضي الله عنه) was one of the persons who came and said, "O Messenger of Allah (ﷺ) an angel taught me the same words in my dream last night."

Rasulallah (ﷺ) accepted this Adhan as the official call to the Salah. Bilal (رضي الله عنه) became the first Muadhdhin of Islam.

## What is the Adhan & How we reply to it ?

Adhan		Reply to Adhan
الله أكبر Allah is the Greatest ( 4 times )		Same as Adhan
أشهد أن لا اله إلا الله I testify that there is no god but Allah ( 2 times )		Same as Adhan
أشهد أن محمدًا رسول الله I testify that Muhammad is Allah's Messenger ( 2 times )		Same as Adhan
حي على الصلاة Come to prayers ( 2 times )		لا حول ولا قوة إلا بالله There is no strength or power except from Allah
حي على الفلاح Come to Success ( 2 times )		لا حول ولا قوة إلا بالله There is no strength or power except from Allah
ONLY IN FAJR SALAH	الصلاة خير من النوم Prayer is better than sleep ( 2 Times )	Same as Adhan
الله أكبر Allah is the Greatest ( 2 times )		Same as Adhan
لا إله إلا الله There is no god but Allah ( 1 time )		Same as Adhan

## Why Reply to the Adhan ?

'Abdullah bin Amr bin al-As (رضي الله عنه) reported Allah's Messenger (ﷺ) as saying: When you hear the Mu'adhdhin, **repeat what he says**, then **invoke a blessing on me**, for everyone who invokes a blessing on me will receive ten blessings from Allah; then **beg from Allah al-Wasila for me**, which is a rank in Paradise fitting for only one of Allah's servants, and I hope that I may be that one. If anyone who asks that I be given the Wasila, he will be assured of my intercession.

**Al Wasilah** here means that high rank in Jannah which will be awarded to the Prophet (ﷺ)

To **invoke blessings** upon the Prophet (ﷺ) means to recite darood Ibrahimi.

دُرُودِ اِبْرَاهِيْمٍ  
اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ  
عَلٰى اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ .  
اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا بَارَكْتَ  
عَلٰى اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ .  
(صحاح ستہ عن کعب بن عجرہ رضی اللہ تعالیٰ عنہ)

## Masnoon Dua after the Adhan ?

Narrated Jabir bin 'Abdullah (رضي الله عنه) : Allah's Apostle (ﷺ) said, "Whoever after listening to the adhan says,

اَللّٰهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ  
الْقَائِمَةِ اَتِ مُحَمَّدًا الْوَسِيْلَةَ وَالْفَضِيْلَةَ وَابْعَثْهُ  
مَقَامًا مَّحْمُوْدًا الَّذِي وَعَدْتَهُ

O Allah! Lord of this perfect call and of the regular prayer which is going to be established ! Kindly give Muhammad the right of intercession and superiority and send him (on the Day of Judgment) to the best and the highest place in Paradise which You promised him.

then intercession for me will be permitted for him on the Day of Resurrection".

[ Sahih Bukhari, Book 11 , 588 ]

# Iqamah

Iqamah **إقامة** refers to the second call to prayer, given immediately before the prayer begins. Iqamah is said with a lower voice compared to the adhan and without pauses like in adhan. There is no reply to Iqamah.

Iqamah
الله أكبر Allah is the Greatest ( 2 times )
أشهد أن لا اله إلا الله I testify that there is no god but Allah ( 1 time )
أشهد أن محمدًا رسول الله I testify that Muhammad is Allah's Messenger ( 1 time )
حي على الصلاة Come to prayers ( 1 time )
حي على الفلاح Come to Success ( 1 time )
قد قامت الصلاة Prayer has begun ( 2 times )
الله أكبر Allah is the Greatest ( 2 times )
لا إله إلا الله There is no god but Allah ( 1 time )

MATCH THE FOLLOWING:

Salah

حي على الفلاح

Adhan

recite darood brahimi

Iqamah

Muslims

invoke blessings upon  
the Prophet (ﷺ)

قد قامت الصلاة

WHO WAS THE FIRST MUADHDIN OF ISLAM?

WHAT DOES AL-WASILAH MEAN ?

.....

WRITE DOWN ANY DUA YOU WOULD LIKE TO MAKE BETWEEN THE ADHAN AND IQAMAH OF THE NEXT SALAH.

.....

.....

.....

muslim  
(submits to Allah)

الله

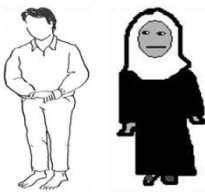
sound mind



age of maturity



Awrah covered



- From navel to knees



- The whole body should be covered except the face and hands.
- The top of the feet should be covered.
- The clothes should be loose, opaque and should not have pictures of humans or animals.

appointed time



face the Qiblah



make intention (Niyah)



body, clothes and place of salah be free of Najasah



state of Taharah



## WORD SEARCH !

( VERTICAL / HORIZONTAL / DIAGONAL )

Muslim | Niyyah | Awrah | Qiblah | Najasah | Taharah

M	U	S	L	I	M	T	Q	D	H
W	H	J	D	S	U	A	R	A	H
F	A	D	K	S	D	H	S	D	S
S	Y	W	O	A	E	A	D	A	B
K	Y	J	R	P	J	R	Q	M	F
Q	I	B	L	A	H	A	G	Z	I
U	N	Q	N	B	H	H	P	O	N

WHAT IS THE AWRAH OF A WOMAN?

.....

.....

## Meaning of Taharah طَهَارَة

Abu Malik Al-Ashari reported that Messenger of Allah, (ﷺ) said,

" Purity is half of faith "

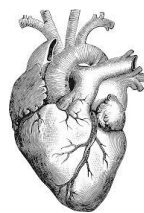
الطُّهُورُ شَطْرُ الْإِيمَانِ

Taharah is an arabic word which means purity and cleanliness.

A Clean muslim is called Tahir طَاهِر . A clean muslimah is called طَاهِرَة .

If he/she is not clean then they cannot perform acts of worship like reading Quran from the mushaf nor pray.

Taharah is  
the cleanliness  
of



We keep it clean by not having evil thoughts and by not doing evil deeds .



We keep our bodies and clothes clean by washing them regularly.



We keep our homes and surroundings clean by being tidy and hygienic, and not littering or polluting.



SALAH	05	 Brain Time
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TAHARAH IS THE CLEANLINESS OF

--	--	--	--	--

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

Truly, Allâh loves those who turn unto Him In repentance and loves those who purify themselves (by taking a bath and cleaning and washing thoroughly their private parts, bodies, for their prayers, etc.). [from Surah Al Baqarah, Ayah 222]

AS PER THE AYAH ABOVE ALLAH LOVES THESE PEOPLE. WHAT DO THEY DO ?

التَّوَّابِينَ

الْمُتَطَهِّرِينَ

.....

WRITE DOWN THE ARABIC TERMS FOR THE FOLLOWING:

Clean Muslim	.....
Clean Muslimah	.....

## Wudu وُضوء

Wudu' (Ablution) removes minor ritual impurity. It has obligatory and recommended parts. The obligatory parts are those parts which if left out the wudu' is not valid. The recommended parts are those parts which if left out the wudu' would still be valid, but one misses out on that reward. The wudu' must be made with water only.

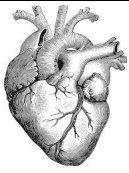
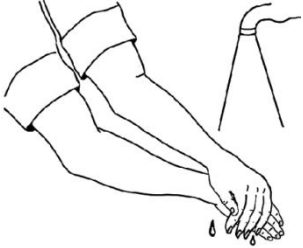



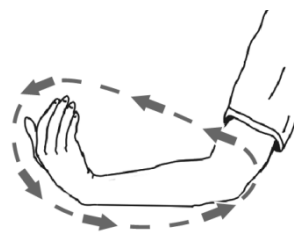
يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ  
إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ





O You who believe! when You intend to offer As-Salât (the prayer), wash Your faces and Your hands (forearms) up to the elbows, rub (by passing wet hands over) Your heads, and (wash) Your feet up to ankles. [ from Surah Maida , Ayah 6 ]

## Benefits of Wudu

The Messenger of Allah (ﷺ) said, “When a Muslim, or a believer, washes his face (in the course of Wudhu), every sin which he committed with his eyes, will be washed away from his face with water, or with the last drop of water; when he washes his hands, every sin which he committed by his hands will be effaced from his hands with the water, or with the last drop of water; and when he washes his feet, every sin his feet committed will be washed away with the water, or with the last drop of water; until he finally emerges cleansed of all his sins.” [Sahih Muslim]

## Wudu Step by Step

1.	Make an intention to do Wudu in the heart.		Obligatory
2.	Say “Bismillah” (with the Name of Allah) while washing the hands.	بِسْمِ اللَّهِ	Recommended
3.	Wash the two hands with the wrists. ( washing three times is sunnah )		Recommended
4.	Rinse the mouth using the right hand. ( one time is obligatory, three times is sunnah )		Obligatory
5.	Draw water into the nose with the right hand and to blow it out of the nose with the left hand. ( one time is obligatory, three times is sunnah )		Obligatory
6.	Wash your face, from the normal hairline to the chin and from one ear to the other including the hair and skin (ears excluded ). The inner part of the man’s thick beard is excluded. ( one time is obligatory, three times is sunnah )		Obligatory
7.	It is an obligation to wash the hands, forearms, and elbows. Start with the right and then the left. ( one time is obligatory, three times is sunnah )		Obligatory

8.	Wipe the head with wet hands, from the front of the head to the beginning of the neck, and then back to the front of the head. ( One time )		Obligatory
9.	Wipe the ears by inserting the index fingers into the opening while wiping the outer back part with the thumbs. ( One time )		Obligatory
10.	It is an obligation to wash the feet with the ankles. ( one time is obligatory, three times is sunnah )		Obligatory
11.	<p>It is recommended to say a supplication after finishing wudu'. If you are making wudu in a washroom, then say the dua after coming out.</p> <p style="text-align: center;">  </p> <p style="text-align: center;"> <b>أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ</b> </p> <p style="text-align: center;">           I bear witness that none has the right to be worshipped but Allah alone, Who has no partner; and I bear witness that Muhammad is His slave and His Messenger.  <i>[ Muslim 1/209 ]</i> </p> <p style="text-align: center;"> <b>اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ</b> </p> <p style="text-align: center;">           O Allah, make me among those who turn to You in repentance, and make me among those who are purified. <i>[ At-Tirmithi 1/78 ]</i> </p> <p style="text-align: center;"> <b>سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ</b> </p> <p style="text-align: center;">           Glory is to You, O Allah, and praise; I bear witness that there is none worthy of worship but You. I seek Your forgiveness and turn to You in repentance.  <i>[ An-Nasa'i, 'Amalul-Yawm wal-Laylah, p. 173 ]</i> </p>		

## Prophet (ﷺ) recommended using Miswak

Abu Hurayrah (رضي الله عنه), who reported that the Prophet (ﷺ) said: "Were it not for the fact that I did not want to make things too hard for my Ummah (nation), I would have commanded them to use the siwak at every time of prayer." [Sahih Bukhari and Muslim]



### Doing Miswak regularly

- Helps gain the pleasure of Allah
- It is the Sunnah of Prophet Mohamad (ﷺ)
- Prevents tooth decay
- Strengthens the gums

### Invalidators of Wudu

- The emission of any substance such as urine, defecation, or gas.
- Touching the private parts with the inside of the bare hand (the palm).
- Losing the mind or losing consciousness.
- Sleeping.
- Eating camel meat
- If one of these matters happens to you during prayer, you stop the actions of the prayer, perform wudu' and then start the prayer from the beginning.



When performing either the wudu or ghusl, all substances which prevent water from reaching the parts to be washed and wiped must be removed. Examples are : nail polish on fingernails and toenails , waterproof makeup etc.

The Prophet (ﷺ) once saw Sa'd (رضي الله عنه) performing Wudu and said to him: "Why are you wasting all this water?" Sa'd (رضي الله عنه) asked, "Is there wastefulness even in performing Wudu?" The Prophet (ﷺ) replied, "Yes, even if you were at a flowing river."



## Arabic Fun

word	write	paste a picture closest in meaning
وُجُوهُكُمْ	.....	
أَيْدِيكُمْ	.....	
الْمَرَافِقُ	.....	
رُءُوسِكُمْ	.....	
أَرْجُلَكُمْ	.....	
الْكُعْبَيْنِ	.....	

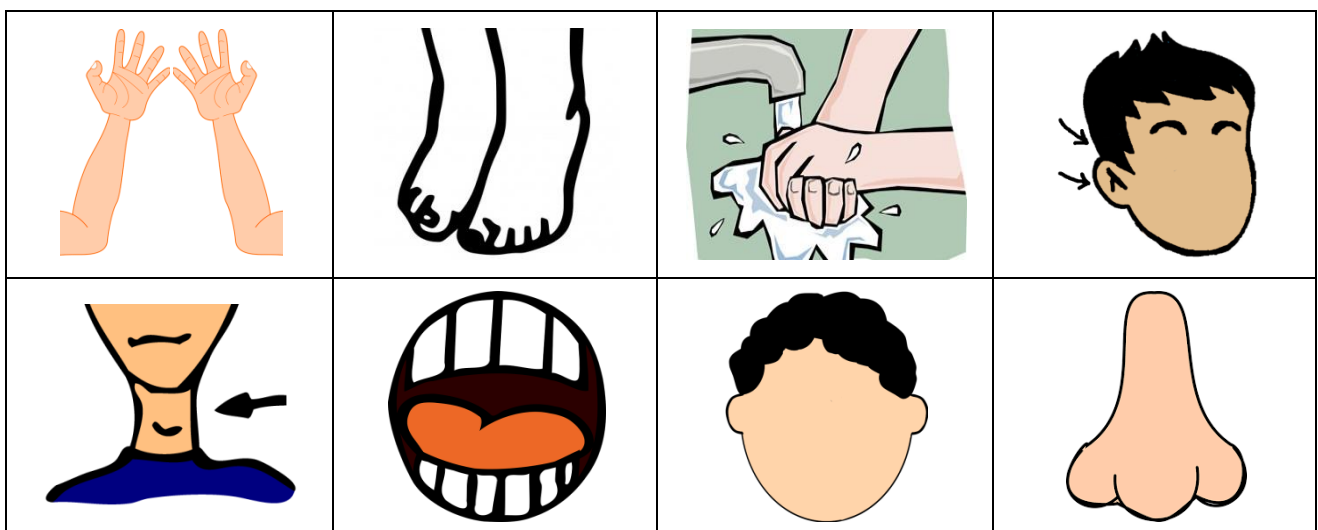
WHY SHOULD WE USE MISWAK REGULARLY ?

.....

.....

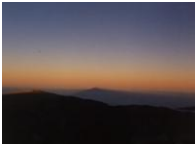




CUT THE PICTURES OF THE BODY PARTS BELOW AND PASTE THEM HERE IN THE ORDER WE WASH THEM FOR WUDU

1	2	3	4
5	6	7	8



SALAH	07	Let's Pray
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## The FIVE Obligatory Prayers

Prayer Time	Prayer Name	Sunnah Muakkadah before	Fard	Sunnah Muakkadah After
	FAJR	2	2	-
	DHUHR	4	4	2
	ASR	-	4	-
	MAGHRIB	-	3	2
	ISHA	-	4	2



It was narrated that Umm Habibah (رضي الله عنها) said:



"Whoever prays twelve rak'ahs during the night and day apart from the prescribed prayers, a house will be built for him in Paradise." [An Nasai]

# The Salah Step by Step



Malik (رضي الله عنه) reported that Messenger of Allah, (ﷺ) said,

" Pray as you have seen me pray "

صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

Qiyam	
1	Stand Straight facing the Qiblah
2	Make intention in heart for the particular Salah
3	The Opening Takbir ( Start of Salah )
<p>Raise both hands to the level of shoulders or ear lobes ( palms facing the Qiblah )</p> <p>While Saying : <b>الله أكبر</b> ( Allah is the greatest )</p>	
<p>Then Place the right hand over the left. It is recommended to hold the wrist of the left hand with the right hand.</p> <p>Look at the place of prostration.</p> <p>It is not allowed to look to the sky.</p>	

4	<b>Dua al-istiftah ( the opening supplication )</b>
	<p>سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ</p> <p>“Glory be to you, O Allah, and all praises are due unto You, and blessed is Your name and high is Your majesty and none is worthy of worship but you.”</p>
5	<b>Istiadha</b>
	<p>أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ</p> <p>I seek refuge in Allah from the Shaitan, the rejected one.</p>
6	<b>Basmallah</b>
	<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ</p> <p>In the name of Allah, the Most Gracious, the Most Merciful.</p>
7	<b>Surah Fatihah</b>
	<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ الرَّحِيمُ ۝</p> <p>مَلِكُ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ</p> <p>۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝</p> <ol style="list-style-type: none"> <li>1. In the Name of Allâh, the Most Beneficent, the Most Merciful.</li> <li>2. All the praises and thanks be to Allâh, the Lord of the 'Alamîn (mankind, jinns and All that exists).</li> <li>3. the Most Beneficent, the Most Merciful.</li> <li>4. the Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection)</li> <li>5. You (Alone) we worship, and You (Alone) we ask for help (for each and everything).</li> <li>6. Guide us to the Straight Way</li> <li>7. the Way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger (such as the Jews), nor of those who went astray (such as the Christians).</li> </ol>
8	<b>Any other Surah / part of Quran</b>
	<p>Recite any other surah or part of Quran if it is 1<sup>st</sup> or 2<sup>nd</sup> Rakah. In 3<sup>rd</sup> or 4<sup>th</sup> rakah only Surah Fatihah is enough.</p>

Ruku	
1	<b>From Qiyam to Ruku</b> <p>After finishing recitation, pause for a moment, then raise your hands, in the manner described previously with regard to the initial takbeer While Saying :</p> <p>الله أكبر ( Allah is the greatest ). Then go to ruku.</p> 
	<p>When you make ruku, place your palms on your knees, then space your fingers out (as if grasping them), then remain (like that) until every limb takes its (proper) place. The back should be spread out and straight. Head should be in level with the back. Elbows (straight and) apart from sides.</p> 
2	<b>Dua in Ruku</b> <p>سُبْحَانَ رَبِّيَ الْعَظِيمِ ( three times or more )          Glory to my Lord , The Exalted.</p>
3	<b>Rising from Ruku</b> <p>While rising from ruku to the standing position, raise your hands to the level of shoulders or earlobes while saying :</p> <p>سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ Allah hears whoever praises Him          Stand straight and still such that every bone returns to it's place. Then say :          رَبَّنَا وَلَكَ الْحَمْدُ Our Lord, praise is Yours.</p>

# Sujood

1

## Falling in Sujood

Touch the ground with hands first, then the knees while saying : **الله أكبر** ( Allah is the greatest ).



## In Sujood

- The following body parts should touch the ground : forehead and tip of the nose, both hands, both feet and both toes.
- The belly should be away from the thighs
- The two hands should point to the Qiblah with fingers together.
- The toes should point to the Qiblah
- The feet should touch each other
- The arms and elbows should be away from the ground.

Abu Hurairah (رضي الله عنه) reported:

The Messenger of Allah (ﷺ) said, "A slave becomes nearest to his Rabb when he is in prostration. So increase supplications while prostrating." [Muslim].







2

## Dua in Sujood

**سُبْحَانَ رَبِّيَ الْأَعْلَى** ( three times or more )




Glory to my Lord , The Exalted.

3	<b>Sitting between the two Sujood – Iftiraash or Iqaa</b>	
	While rising from 1 <sup>st</sup> sajdah, say <b>الله أكبر</b> ( Allah is the greatest ). Then sit in either of the two positions.	
	<b>a) Iftiraash</b> ‘Iftirash’ is the most widely used posture of sitting. It refers to spreading of the left foot on the ground horizontally and sit on it, with the right foot erected on the tips upright.	<b>b) Iqaa</b> This refers to sitting on both heels i.e. both feet are held upright and the buttocks resting on the heels.
		
	<b>With hands on the thighs facing Qiblah</b> 	
4	<b>Duas in Iftiraash or Iqaa</b>	
	<b>رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي</b> My Lord , Forgive me. My Lord, Forgive me.	
5	<b>Perform the 2<sup>nd</sup> Sajdah</b>	
6	<b>When lifting your head from Sajdah do the following</b>	
	<ul style="list-style-type: none"> <li>○ Say <b>الله أكبر</b> ( Allah is the greatest )</li> <li>○ Sit for a while</li> <li>○ Get up to pray 2<sup>nd</sup> rakah by using fists</li> </ul>	

qiyaam		قيام
rukoo		رُكُوع
sujood		سُجُود

This completes one rakah of prayer. Perform the 2<sup>nd</sup> rakah in the same manner except that after 2<sup>nd</sup> sajdah, remain seated for the 1<sup>st</sup> Tashahhud.


## 1<sup>st</sup> Tashahhud

1	After the second sajdah of the second rakah, a person should sit muftarishan ( in Iftiraash for first tashahhud of a three or four rak'ahs prayer ).	
2	When sitting in tashahhud place the right palm on the right thigh (in one narration: knee), and left palm on left thigh (or knee, spreading the palm upon it ) and put the end of right elbow on right thigh.	
3	<p>Clench all the fingers of the right hand, point with the index finger adjacent to the thumb towards the Qiblah, and fix the sight on it (the raised finger).</p> <p>When Prophet (ﷺ) pointed with his finger, he would keep his thumb on his middle finger and sometimes would make a circle with these two.</p> <p>The Prophet (ﷺ) used to raise his index finger and move it while supplicating, throughout the sitting of tashahhud till he got up or said the Tasleem.</p> <p>During tashahhud look at the index finger instead of the place of prostration.</p>	


4	Dua
	<p>التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ . أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ</p> <p>All compliments, prayer and pure words are due to Allah. Peace be on you, O Prophet, and also the Mercy of Allah and His Blessings. Peace be on us and on the righteous slaves of Allah. (When one says this, it includes every righteous slave in the heaven and earth). I bear witness that none has the right to be worshipped but Allah, and I bear witness that Muhammad is His slave and Messenger.</p>

Next the worshipper should (if need be) stand up for the third rak'ah, by saying Takbeer. One can also raise his hands to the level of shoulders or ear lobes (rafu-yadain) before getting up, like the Prophet (ﷺ) used to do sometimes.

## 2<sup>nd</sup> Tashahhud

1	<p>After completing final rakah of any prayer, a person should sit <b>mutawarrikan</b>.</p> <p>It means that prophet (ﷺ) would sit on his left thigh and buttock and also keep his left foot under his (right) thigh and shin, his right foot upright or occasionally he would lay it on the ground.</p> <p><b>Everything else will remain same as in 1<sup>st</sup> Tashahhud.</b></p>	
2	Dua	
	<p>a) After saying ‘Atta’hiyaatu lillahi...(till the end),</p> <p>b) one should send blessings on the Prophet (ﷺ) as given below.</p> <p style="text-align: center;"> <b>اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ ، وَعَلَى آلِ مُحَمَّدٍ ، كَمَا صَلَّيْتَ عَلَى          إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَى          مُحَمَّدٍ ، وَعَلَى آلِ مُحَمَّدٍ ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ          إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ</b> </p> <p>O Allah! Bestow your favour on Muhammad and on the family of Muhammad, as you have bestowed your favour on Ibrahim and the family of Ibrahim; You are indeed Praiseworthy, Most Glorious. O Allah! Bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim ; You are indeed Praiseworthy, Most Glorious.</p>	

	Seeking refuge from four things
	<p>اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَمِنْ عَذَابِ جَهَنَّمَ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ</p> <p>O Allah! I truly seek refuge with You, from the punishment of the grave and from the punishment of Hellfire, and from the trials of living and dying and from the evil [trials] of the False Maseeh.</p> <p>Then he should supplicate for himself, with what he desires.</p>

Tasleem ( End of Salah )	
<p>The Prophet (ﷺ) used to salute to his right and then to his left saying:</p> <p>السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ</p> <p>Peace and Allah's Mercy be on you</p>	



MATCH THE COLUMNS

Ruku



قِيَامٌ

Sujood



رُكُوعٌ

Qiyam



تَسْلِيمٌ

Tasleem



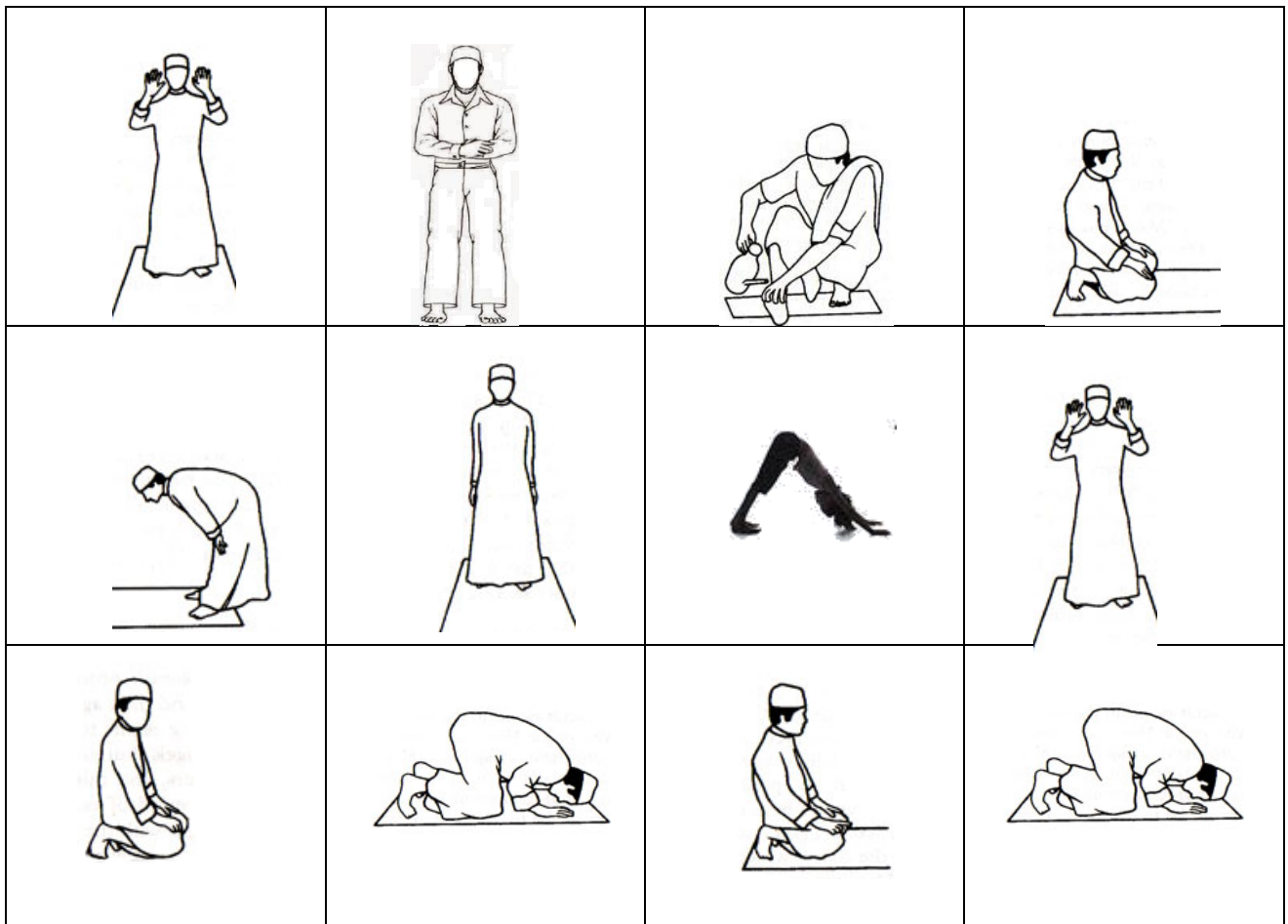
تَشَهُدٌ

Tashahhud



سُجُودٌ

CUT THE PICTURES ON NEXT PAGE AND PASTE THEM HERE IN THE ORDER AS WE PRAY.

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا  
إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Glory is to You, O Allah, and praise is to You. I bear witness that there is none worthy of worship but You. I seek Your forgiveness and repent to You.

( Whatever is authentic and sound is from Allah and His messenger (ﷺ) and whatever is wrong is from me. )